

## Ear Care

- Ear wax is a **naturally occurring** substance which **protects** your ear canal
- Ears are **self-cleaning**, wax moves to the outer ear where it can be removed during simple washing
- Problems arise when wax is pushed back inside the ear canal with fingers, cotton buds, tissues or other implements.



**Do not poke anything in your ears to try to remove wax; you will only push it deeper into the ear canal where it may cause more problems.**



If wax is causing you problems, for example deafness or a “blocked” sensation then the wax can be **softened** to allow it to drain **naturally**. Pain is not usually a symptom of wax build up. If you experience pain you should make an appointment with your **doctor**. It could indicate an ear infection or perforation.

## Ear Syringing

This is an **invasive procedure** which has the potential to cause tinnitus (permanent ringing in the ears), ear drum perforation or infection and therefore **should be avoided** whenever possible. You will be asked to give your consent if this procedure is required.

**Ear syringing** may not be advisable in the following circumstances:

- Have had surgery for some types of ear problems
- Have recurring infection of the ear canal
- Have or have had a perforated ear drum
- Are deaf in your other ear
- Have had a middle ear infection in the last 6 weeks
- If you have tinnitus



**To soften wax** we recommend the use of **olive oil** drops that can be applied using a dropper purchased from a pharmacy. The drops should be applied at least **twice daily** for 5-7 days, using the **following instructions**:



1. Lie on your **side** with the affected ear uppermost



2. Pull the outer ear backwards and upwards.

3. Drop 2 or 3 drops of oil, at room temperature, into the ear canal and massage the area just in front of the ear.



4. Remain lying down for 5 minutes and then wipe away any excess oil. Repeat the procedure with the other ear if necessary



5. If **after** following the above instructions symptoms persist, **you may** make an appointment with the treatment room.



**Do not** leave cotton wool at the entrance to the ear!